

CITY OF TORRINGTON

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LIVABLE COMMUNITIES FORUM

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City of Torrington Programs and Policies to address our aging community

Highlights of Torrington's Sullivan Senior Center and Elderly Nutrition Program

Nutrition Education:

- UCONN Extension Services: 4 week Healthy Cooking Classes for Seniors. Topics included purchasing fresh food, reading Nutrition Fact labels on packaging for information on healthy choices, food preparation, portion control and storage.
- NuVal System: workshops and handouts describing the NuVal point system at grocery stores. Foods are rated from 100 to 0, 100 being the healthiest option, 0 having no nutritional value. All foods are rated on their unit price tag w/ the NuVal icon.
- My Plate: workshops and handouts describing the new system that replaces the Food Pyramid. Highlights the need for smaller protein portions and increased portions of vegetables and fruits.

Wellness Activities:

- Member *Fit Together* Initiative with Community Partners: Charlotte Hungerford Hospital, YMCA, Brooker Memorial, NW Chamber of Commerce, Torrington Area Health District, Community Health and Wellness Center, Sullivan Senior Center, Words and Numbers Research, Torrington Early Childhood Collaborative, United Way of NWCT, Litchfield County Head Start, Winsted Senior Center, Torrington and Winchester Public Schools, UCONN Cooperative Extension, Education Connection.
- Sponsor Adult Classes at Warner Theatre Center for Arts Education: Tap Dancing, Intro to Acting, Yoga, Zumba, Memoir Writing, Costume Design
- Community Garden for seniors: Gardens plots available on Mountain Road. Raised planting beds for ease of use. The Senior Center is responsible for plowing, water and maintenance.
- USDA Farmer's Market Coupons available at senior center for seniors to use at farmers market to purchase local, fresh and organic products.
- Energy Fitness Partnership w/ Sullivan Senior Center: reduced membership and special senior fitness classes, fitness instructor offers class on Friday mornings at the Sullivan Senior Center
- Staffed *Fit Together* booth at Main Street Marketplace to market Senior programs and activities
- Participated at the United Way's Business After Hours *Fit Together* booth on the Susan Grossman Greenway to promote healthy living.

Planning & Zoning Policies & Programs:

2010 Torrington Plan of Conservation & Development:

- Recognizes Torrington's changing housing needs, by year 2020 adults age 55+ will comprise 50% of the total population of Torrington up from 30% in 1970.
- Housing Section of the plan speaks to the housing needs of an aging population.
- Promote policies that integrate housing and transportation with active aging principles to allow older residents to "age in place."
- Plan speaks to providing for senior accessibility and mobility.
- Plan encourages housing rehabilitation.

P&Z Commission adopted Four Incentive Housing Overlay Zones in Torrington's Downtown District to encourage redevelopment of four underutilized brownfields sites for mixed use development.

Complete Streets Ordinance - currently being reviewed by Mayor, City Council Ordinance Committee & City Staff. Received P&Z Commission Endorsement 1/9/13.

Right to Farm Ordinance - currently being reviewed by Mayor, City Council Ordinance Committee & City Staff. Received P&Z Commission Endorsement 1/9/13.

Come Home to Downtown - Torrington Selected by CT Main Street Center for Pilot Program to bring housing downtown

Fit Together: Northwest CT Healthy Eating & Active Living Initiative

Fit Together was formed in 2011 through a collaborative effort between Charlotte Hungerford Hospital, Northwestern Connecticut YMCA and United Way of Northwest Connecticut, after the Y was awarded a Pioneering Healthier Communities grant to help fight childhood obesity. After gathering community data, Fit Together's initial focus is to identify policy changes and environmental improvements in the cities of Torrington and Winsted that will help make the healthy choice the easy choice.

Need Additional information?

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City of Torrington's Website: www.torringtonct.org

Fit Together Northwest CT website: www.FitTogetherNWCT.org

Northwest CT YMCA: www.nwctymca.org